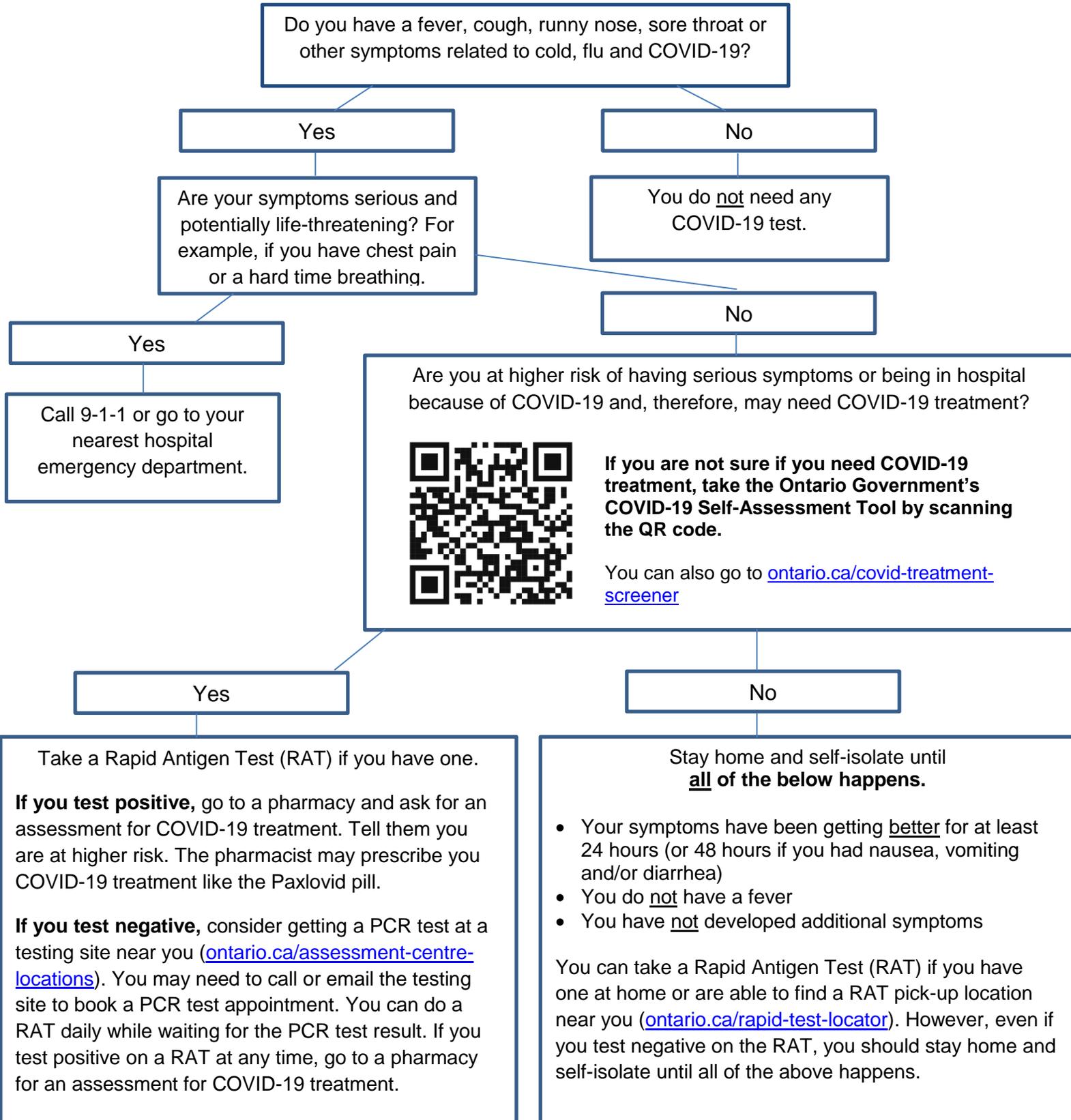


# COVID-19 Testing Guide

This guide helps you know what type of COVID-19 test you should get if you feel sick. At this stage of the pandemic, testing is most valuable for people who may benefit from COVID-19 treatment with medications like Paxlovid.



# How to protect yourself and loved ones from cold, flu and COVID-19



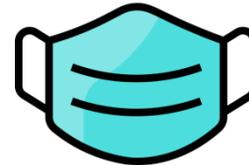
Stay up-to-date on vaccines, including booster doses



If you are sick, stay home and follow the instructions on the other side of this handout so you know if you need a PCR test or treatment



Wash your hands often



Wear a mask in crowded places

Go to [Ontario.ca/COVID19](https://Ontario.ca/COVID19) to learn more.

## Have questions about COVID-19 tests, assessment and treatment?

- Talk to your family doctor, nurse practitioner or pharmacist.
- If they are not available, you can call 8-1-1 or go to [Ontario.ca/Health811](https://Ontario.ca/Health811) to talk to a registered nurse.
- If you live in or around Taylor-Massey, you can also get health advice at Health Access Taylor-Massey. Learn more at [ethp.ca/HATM](https://ethp.ca/HATM).